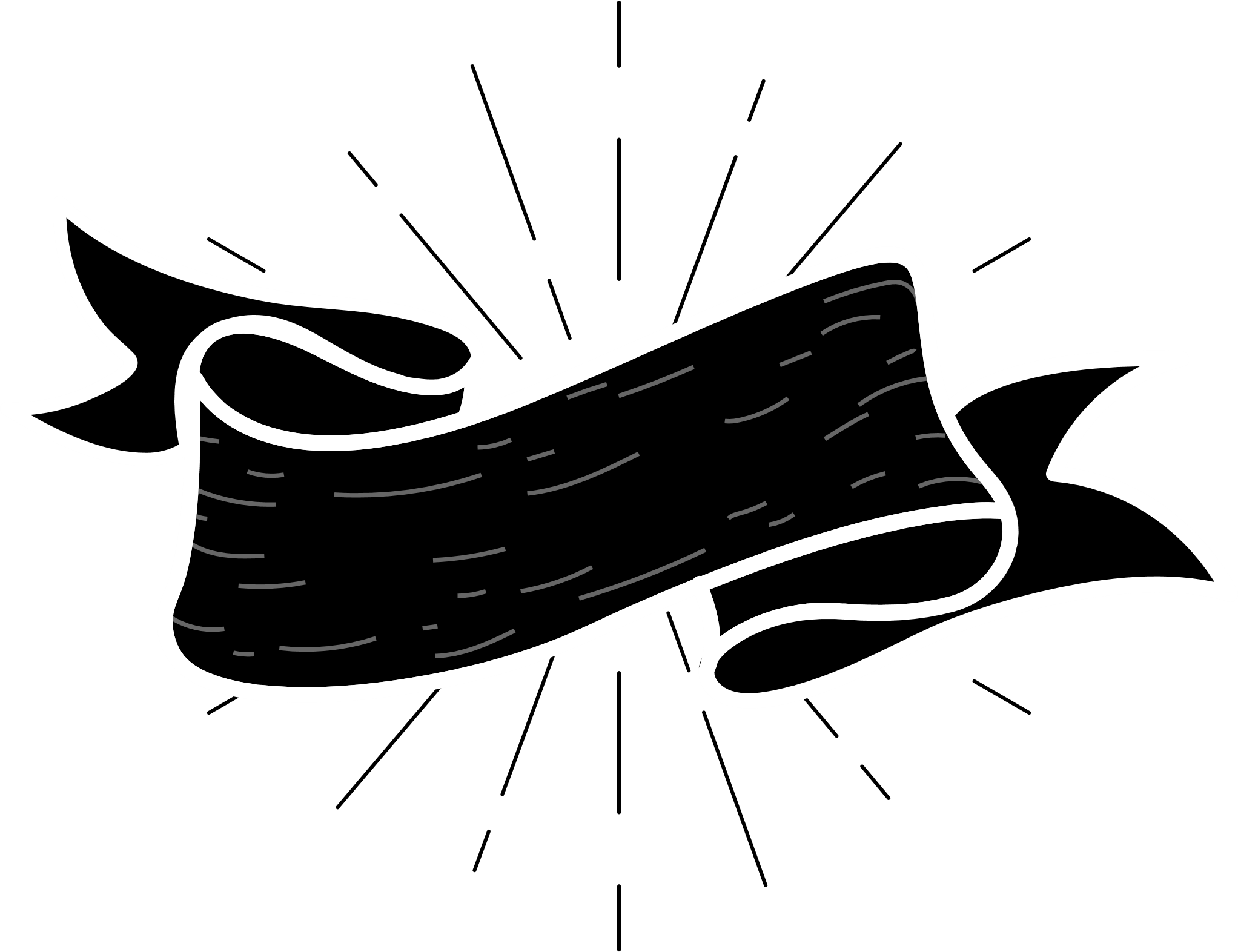
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Mood Tracker | | | | |  | Affirmations |
|  |  |  |  |  |  |
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|  |  |  |  |  |
| Happy  Relaxed  Content  Smiling face with no fill | Energetic  Focused  Creative  Grinning face with no fill | Lazy  Blah  Just No  Nervous face with no fill | Annoyed  Tired  Ill  Sad face with no fill | Stressed  Emotional  Angry  Angry face with no fill | Leaves design |

## Wellness Tracker

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Nutrition: Eat more fruits & Veggies |  |  |  |  |  |  |  |
| Hydration: Drink more H2O |  |  |  |  |  |  |  |
| Fitness: Play more |  |  |  |  |  |  |  |
| Wellness: Sleep more |  |  |  |  |  |  |  |



|  |  |
| --- | --- |
| Self Care | Happy List |
| Closed eyes |  |
| Relaxation |
| Colour palette |  |
| Expression |
| Apple |  |
| Biology |
| Heart Shape |  |
| Companionship |

What to Do to De-stress

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